



Faith & Forgiveness

“I found forgiveness when my best friend took over my relationship and raised my son”
Simon Challenor teaches us on how we can find faith and forgiveness even during the darkest of times.

INTRO: Hello beautiful beings and welcome back to the Victim to Victor podcast. My name is Anu and I am your host. In today's podcast episode, I have Reiki Master Simon Challenor on my show. Simon is the brother of my previous guest, David Challenor, who shared his spiritual teachings on how to regain power and sexuality to have more control of our lives. Once Simon heard about my show, he received a calling to share some important teachings for us all, especially since what's been happening in our world? How can humanity elevate itself into a higher state of inner peace during these scary times? Could being spiritual help with all this chaos? Some important topics we will discuss today include emotional sources of disease, chakras and health, the terrain theory, the power of forgiveness, manifesting your reality, crystals and their metaphysical properties as well as emotional freedom therapy. Get ready for your spirituality to be taken to a higher state of consciousness.

Anu: Hello Simon, It's so lovely to be in your presence, I can already feel your energy fields. And I know that today's gonna be a very interesting talk between us because you've spent the last 21 years as a spiritual teacher, and I know you've got a lot to share with us and a lot of wisdom.

Simon: That's correct, yeah, that I felt compelled to do a podcast to get some messages out there to humanity, those that are drawn to it, so that they can gain benefits from a deeper understanding of how you can apply spirituality in your day to day living.

Anu: Yeah, thank you so much for coming on. So what from your journey from childhood led you to spirituality?

Simon: Okay, so I'm the youngest of five children, mixed race parents, fathers English, mothers Italian. And I'm quite different from my brothers and my sisters. I'm born seven years behind the sister that's above me. So my mother poured all love into me because at 39, that was the last child she was going to have. So in a sense, with the others being older and more independent, I got the best of mom's love and attention. So I feel I benefited. There was quite a stormy atmosphere at times in the house, mom used to like shout a lot being Italian and that was very passive. So during my childhood, I used to have a lot of tonsillitis and air aches. So obviously, my soul, even at a young age, was very sensitive to the environmental toxicity of so many people living in the same house trying to coexist. All of them ailments lifted once I no longer lived at home. So you know, by negating the external toxicity factor, and trying to coexist with other people at different vibrations, this is why I believe a lot of people get rid of the childhood illnesses that are cyclic, which then change once you change your environment. So yeah, it was a nice childhood. Mom and Dad's never, even though my dad was Christian, and my mom was

Roman Catholic, they never actually said you must go this way or that way. They let us find our own way. So that was nice, because I wasn't indoctrinated with a preconceived philosophy. Okay, they were sensible people, they were savers. They always kept money for a rainy day. None of them were drinkers or you know, habitual like that. They were very homely people. So I enjoyed that with my childhood also.

Anu: Okay. Fantastic. Wow, it sounds like you've had a quite a pleasant childhood.

Simon: Yeah, compared to some people. Yeah, I've been very fortunate, like saying all I had to do was just witness incompatibilities between mom and dad, because they were very different people. My dad was very academic and my mom never went to school. Because when my mom was at school, there was a war run. So they had to evacuate the children to another part of Italy. So in that part of Italy, she wasn't sent to school. So you are two different people on totally different levels you know, trying to coexist with the family orientation and the strong philosophy, the marriage is for life but they sort of tried their best to sort of muddle their way through it. So it was an interesting experience. But it wasn't warped as in like, some unfortunate people are able to experience from their childhoods you know, there was no big fights or, as in life, physical fighting, it was just venting golf and stuff, which obviously give me the air right, because as a pure soul, I've incarnated into this family, I haven't found my feet yet. I haven't hit the 28th year of my life and my heart chakra opens to allow me to connect with my spirit. So I'm muddling my way through without a philosophy, other than what mom and dad experienced and what they tried to impart and share on us.

Anu: Yeah absolutely, more often than not, when it comes to spirituality and what leads people on that path, it's normally as a consequence of what's happened to them, like a negative influence from your childhood or any adversity and challenges that they've probably gone through, with you it doesn't seem to be the case.

Simon: No, I have no reason, nothing to heal from my childhood, really at all. For me when my first child was born, I met this girl within 12 weeks, she got pregnant, and she cried and says, I don't know what to do. And I knew that there were only two choices, either do the journey or also No, it was too soon. So, at that time, being 28, I'd already had a bit of life experience. So I was like, let's do this journey. So nine months later, when my little boy was born, she got postnatal depression. And my brother had already done Reiki and he was doing some Reiki treatments on it. I could see that it was lifting gently through that darkness that she'd put around herself. And she wasn't a good communicator. So what happened was that she blocked what she was feeling during the pregnancy and wasn't reaching out and saying, could you assist me with this? And could you assist me with that, so everyone's doing their own thing. And then when the baby was born, it was like a Pandora's Box moment. And she was like, you weren't there, you didn't support me. And I said, I didn't realize you were struggling. I'm just getting on with work and coming back. So at that point there, when I saw that my brother had a good level of results from the Reiki, I thought maybe I could use this to fix my own family. And I remember being at a really low level, and I went to my sister's, and I was upset because she was where she was at, I couldn't seem to get any sense out of the situation. But once I got attuned to the energy, I used it then to assist her and then did the attunements. She had a different kind of spirituality, she likes angels and crystals. And she didn't really like people, she preferred animals to people. But after five more years of us working through things, she eventually decided to part ways. But either way, it got me on my path, it gave me the catalyst and the purpose to learn what I needed to learn. But with the foundations of fixing my own family, which lasted five years more in hindsight now, we only came together for my little

boy. Yeah, you need two genes to come together. I remember a spiritual person saying to me when I was down in the dumps when it all ended, she says, I was in my kitchen, and your business card flipped off the shelf and landed on the floor. So I knew I needed to come and see you, as you do know, you only came together just for that little child. And at that time, I wasn't ready to embrace that concept. Because once she moved out, she then started knocking about with a friend of mine, who I was friends with for 22 years. So the whole idea of it and it was like my friends going to be bringing up my little boy. And then she ideally wanted to have the family home. And I'm like, okay, so if I move out my family home, my little boy moves in, and my friend moves in and it was just too much to get my head around. And I became ill from that because I wasn't able to ground it. So I started having panic attacks, pins and needles from head to toe, then I had a cry lying on the lawn in the garden, I was poorly just with the inner resistance because I weren't allowing the new circumstances of life to flow. I was trying to hold the tide back. And all my students were sending me healing and they were not understanding the angels cheer. They just called me back saying that he won't let us in. So eventually, I had to let go of that. And at that point there, I was liberated and then I was able to pull positives from it. But I remember the night when it happened, and she basically rang me, she was having a panic attack. Now she had something to declare to me, she was resisting it. And I went there about 11 o'clock at night. And then she rang up my friend who she was living with at the time, and he was at work on nights. I sat there and I thought, why am I here? You know, it's like, I'm in this situation. And then she's asking the other person to come and support. And then that night there I'll just say to God, you are me I am you. Teach me the right words and the right ways to deal with this situation. Step into me, and show me what it is I'm meant to be doing here right now. And in that moment, I was overcome with calmness, a different state of being, a different outlook, and everything went peacefully. He admitted that he had strong feelings and was feeling sick and ill by trying to resist it because of being disloyal to me. She was having panic attacks because she was unable to. And everything just went really calm. And it was like, okay, we can work with this rather than the devil I know than the devil I don't. I've known you for 22 years. I know what kind of character you are. We made a deal, I said never raise a hand to my son, because that will be detrimental to us moving forward. We had this big hole, he cried his eyes out. And I was like, wow, all of this just because I asked God to show me how to react in this situation, to teach me like you would ask a parent, please show me, I don't know which way to go, step into me and just allow that to happen. You can see everything change, the whole outcome of the situation totally changed.

Anu: Asking for god. Oh my god. Just as simple as that, do you think this works for everybody?

Simon: Yeah, definitely. We're all connected. The law of free will, universal law of free will is that God's and your angels are only allowed to intervene in your life, if you're about to end your incarnation prematurely. Okay. At that point, they step in and you have a near death experience. And you go wow, one of my nine lives is gone. But other than that, you've got to look at it as your guides and your angels and god, they're only there to support you but their hands are tied with universal free will. So once you start co create with spirit, and you understand that by inviting them in, they can actually fix everything in your life you know, you could be in a queue, and you could be having an interview with somebody, and that person looks in a bad mood. And you can just ask is that person healing for me? So, by the time I get there, that person is having a good day, you get to the front of the queue, and that person is wonderful with you. So then you start to realize and you think 'Hang on, all I've got to do is to ask with affirmations or requests, or prayers, and you can have

the whole universe moving around your universe, making everything work out smoothly'. The one bit of advice I'd say is don't have any expectations as to how the assistance is going to arrive. So for instance, if you're in a relationship situation and you turn around to God and say, Okay, I've got you, you are me, and you are the other person, okay? There's an aspect of you and both of us, I would like you to fix that person. So that person falls in love with me again. And it resolves this, then you're going against the law of free will on their behalf. So if that person really is just experiencing a block, and they do still love you, God can work with that. But if that person's clearly no longer wanting to work with you at all, they can't use their free will. So don't have expectations about how the universe will manifest it. Because expectations create disappointment, disappointment creates resentment, risk creates blocks.

Anu: Oh my goodness. And I can relate to this because this happened to me recently.

Simon: Yeah, yeah. But when you realize that, that support structure is in place, then you realize the power of prayer. So you've got the Muslims who pray so many times a day, then you've got the Christians who pray and you think well okay, there must be something in this. Now, not all prayers are answered. But then people don't really know why that is. But it's how you pray. So if you say a prayer, where you supplicate and say, I'm in need, and I lack the ability and I require you, then you disempowering yourself. If you say a prayer and say, I choose to co create with my guides and angels, with God, as a self-empowered being, I choose to experience this in my next magnificent part of this reality that I'm experiencing, then you're calling it forth. So, if you use the words 'need and want', the vibration of 'need and want' means you're not going to get it. 'Need' is that there is something out there that I don't currently have. And 'want' is that there is something that I actually would like to experience, but it's out of my reach. So the universe takes your words and your vibrations into contact. So every time you say the word I, the universe's air is listening to what you're about to say, because I is a statement of the, I am Presence. Your I am Presence, is your highest divine version of yourself. So if you find yourself saying I'm always skint, I'm always lucky, I am always tired, I am always attracting the same kind of people. The universe is saying okay, they've just affirmed with the, I am Presence, that is their experience, so we will perpetuate that experience. When you turn around and say, I choose to have, or I already have, it just hasn't arrived yet but thank you anyway, that was the power of Jesus, Jesus would thank the event before the event happens. He was sure that the father was listening and would deliver, he could do that. To make the manifestations even more powerful again, we get into this habit of saying I need & I want which means that we're not doing it correctly. So if you do your prayer and your affirmations in the correct context from a self-empowered place, you'll get a faster return from the universe to bring about a resolution but it might not be your ideal resolution, right. So for instance, I had a barber shop, and I had it, I was there for 11 years. Then the person that owned the shop, he retired, sold it to someone on the condition that I could keep it. Five years later, I was about to renew the lease, then a new landlord came along. He says I'm your new landlord, and I want 600 pound or more a month. This landlord was Bengali - a very, very, very wealthy man. And he was offering me all these deals, we can make this work and I just tuned in and I was like No, this isn't that I'm going to be working for rent. I moved away from it and I went to another shop. I moved my clients across and nine weeks later, that shop was taken off. So I'd gone for a Plan B, and he wasn't paying the rent. So that shop was taken off him and I thought what am I gonna do, my customers are all coming to this place. Now I've left that shop too. So I started working from home. I put a sign up on the window. I'm now at home, then the pandemic arrived. Now

everyone's working from home. So you sit there and you say well, I trusted in the process. I didn't put the brakes on through fail. I followed what felt right. The way it turned out wasn't the way I wanted it to turn out but in the end it was perfect.

Anu: Even some of the universe.

Simon: Yeah, exactly. They knew something was around the corner. And this is one of the benefits of connecting with your higher self. Your higher self is at the top of the mountain, it sees all pathways and all roads. Life is like a computer game on a CD ROM. If I go over the bridge, I might meet a dragon. If I don't go over the bridge and I turn left, the computer game tells you the next available scenario, every single scenario is mapped out. So the power of choice depends on what your experiences. So when you tap into the higher self, instead of having line of sight, where you can only see so far in your decisions, the higher self is higher up on the mountain, as well actually the path to the left will take you to the most fruition outcome,. The middle path will be a challenge and the right path here is going to be turmoil and obstacles and it's going to be the hardest growth path. So Reiki will allow you to connect to that higher self and allow that information to come in to guide you to take the right choices in every given moment, if you trust in it, and call upon it.

Anu: And there's some interesting points that you made there about just kind of what you know, when we sat there, and we're asking God, in the mornings, I do my gratitude, and I do my prayers, but sometimes I'm not in the zone, like my mind is elsewhere. Is there any point in me doing it when I'm in that state of mind?

Simon: It does still work, because you're still working from intention. So your intention for the day, so it sets in motion vibrational changes, which take time to catch up. The higher vibrations you are, the quicker you manifest, the lower the vibrations-the slower the process. That's all the differences. So if we look up a manifestation master that we know from history, Lord Jesus, he was manifesting instantaneously. And there's only one difference between him and us is that he lived that life every day, he walked among people, he never healed anyone unless he was asked. I don't know if you're aware of that but Jesus knew that your suffering was unique to you, and to take your suffering away before you've learned from it would negate your whole experience. So every single healer that Jesus did, someone would come to him and say, could you help me please? Or could you help someone on behalf of, please this person is ill. So when you're doing that, and you're seeing the results every day, you're building a level of experience where you say, I know this works. I did it Monday, it works. I did it Tuesday, it works. Imagine doing it after two years, and you're doing it every single day of your life, going out in service to others. Eventually you're going to be so sure of your connection to God that you are going to expect manifestations to become instantaneous on what you expect you experience.

Anu: Yeah. And do you believe that God is within all of us?

Simon: God is not outside of us, he is inside of us. If you imagine the body of God being the largest thing that you can imagine. So if we say the universe, imagine the universe is the body of God. Okay now, we are within the universe in the Milky Way galaxy. So we're still inside God's body. So we're already inside, we're part of God. So he is always present with us as long as you're working with the heart. If you're working with fear, and you're working from the mind, then that's gonna negate that connection. And that's what a lot of people are doing now. They're getting trapped in fear, and propaganda and it's like being in quicksand. So at that point, the vibrations are lower, which means when they do want to manifest themselves out of that rut, it takes longer for it to come to fruition.

Anu: Yeah. And I think this is a danger of the COVID crisis, because everybody's living in fear, so much stress, and it's so much negative talk going on, so many stats that people are so obsessed with. It's exhausting.

Simon: Yeah I mean, the thing is that humanity is going through an ascension process, which started in 2012 on the Akron ox, it was the end of a 26,000 year cycle, where the planet moves from the age of Pisces to the Age of Aquarius. The Age of Aquarius is the Golden Age. That's when mankind is meant to ascend, not as actually leave the planet and ascend, but ascend as in your physical body. So in 2012, I expected a large shift and it didn't quite happen and by my Latin understanding is that the planet has seven chakras. So it needed to cleanse itself on one chapter every year leading up to 2019. Then December 21st 2020, was the end of the planet's cycle of ascension. So there we have what we call the eye of the needle event. And the eye of a needle event was about letting go of everything that you were attached to on a physical level that wasn't necessary. So you could get through that eye of the needle. So what we're seeing now is we're seeing humanity, humanity being rocked because the potential is there, but a lot of people didn't let go of it because it wasn't aware how important it was. So what they're having now is they're having Ascension symptoms, but without the knowledge and still hung hanging on to old blockages and old ways of Thinking. So there have been things like ringing in the ears, raised heart rate, aches and pains coming and going from nowhere that doctors can't find. And it's all because they're going through this process, but they're not aware of it. Whereas somebody who is aware of it, works with it. And they're healing themselves daily, or do whatever it is that they need to do in order to keep themselves balanced, so that I can take it. So for instance, I take zeolite. By putting zeolite, which is volcanic powder, into water, it helps with the ascension energies. And it detoxes metals out of your body. So everybody has their own little way of doing it and each time you do that, you're aiding in that process. But what's happening is that the earth is splitting into two realities. So you're going to have those that aren't ready for ascension that will be a one Earth, and those that are ready for Ascension on the other Earth. This was done by the Galactic as a one off, they've never done it before. And it was because humanity wasn't ready to ascend unanimously due to being asleep. So the old way was, you needed to be 51%, in service to others and 49% in service to oneself, then the universe lowered that to 40% to allow more people to make the grade. What they've understood with COVID is how many people are actually asleep. If you're asleep, then you may not ascend as quickly in time. So they created a second Earth, which was first stated by Dolores Cannon. As she said, the two parallel herbs are split in and at the moment, you can see both realities, you can see the people that are actually asleep, and you can see the people that are awake, but eventually they will pass and they'll become separate. So this is what humanity is going through. Now with all light, there is the equal of dark. Yeah, light cannot exist without dark, everything only exists because of its opposite. So the lights are encouraging humanity to ascend, and the opposite energies are encouraging humanity to stay put, stay happy, stay asleep. So you've got this war going on between the two energies where one is pushing you to research and find the truth. And one is holding you back with narratives and propaganda, which is saying stay where you are. There's nothing you can do about this.

Anu: So this is the 3D, 5D?

Simon: Yeah, so you sleep as a 3D, 4D is a transition between the terms, 5D is sounded a bit like passing your driving license, you've passed your test, but you're not a perfect driver but you've made the grade. So 5D, you then start waking up saying something doesn't feel

right. And people don't know what to do with that. Now what I would say is, when something doesn't feel right, you're probably in your sleep, you're getting information given to you that you're not remembering when you're awake. So ask your guides and your angels and God again and say, Okay, can you guide me on the internet to the right source of information that will remind me of what you're telling me in my sleep. Then if you come across something that which is difficult to ground, take a little break from it. Have another affirmation when you go to bed 'anything that I've absorbed today, which isn't for my highest good, remove it and everything which is divine truth, and anything that I really need to know, keep it with me'. That way you're filtering it out yourself, your own intentions.

Anu: So how about the Terrain theory?

Simon: Well, all metaphysical methods of healing work on the idea that toxicity of environment, toxicity of force and toxicity of emotions is what imbalances the chakras, the meridians and the subtle bodies, which eventually causes disease. So on that level there, everybody who practice a metaphysical form of therapy is already following terrain therapy, terrain theory, sorry. Yeah, they're already following it, but they don't realize its terrain theory. So for instance, I put a meme on my Facebook yesterday, and it was like the goldfish is sick, let's vaccinate, that's the germ theory. Terrain theory is why don't you change what is in the water, give it a clean environment. So you know that there's these differences. So germ theory, if you look at it, there's no sovereignty. In order to follow germ theory, all you need to do is go to the doctor and say, Can you fix this? And if you can't fix it, he'll pacify it. Okay, and it makes some money, terrain theory makes no money. It's about suffering for your state of being. What am I doing about my toxic environments? What choices am I making? What am I doing about these toxic thoughts, which are then giving me a reactive toxic emotion, which is an imbalance in man to create an illness, so there's no money to be made in that? None at all. So when I realized this, and they were going on about the Spanish flu, and they said like, they got the mucus of Spanish Flu and they wiped it on the tonsil of an orphan or a prisoner to see if they could transmit the Spanish Flu and they couldn't transmit it. The only problem the person had was they lost their sense of taste and smell. So they also did it with polio, and they couldn't successfully transmit it. So I'm like, so where did germ theory come from? So I looked into it, and I think it was Thomas Milverton in 1866 to 1935, who was a scientist of interest, one of the elites, he came up with the idea. But in reality, what you're actually seeing at the moment is cellular degradation. So if you pick an apple from the tree, the apple starts getting riper and riper and slowly, it starts to rot. Okay, so the cell is cleansing itself, you know the bacteria in themselves, we do the same. When we start thinking negative and feeling negative we'll create adrenalin which poisons our state, hit a saturation point where it says, Okay, I need to cleanse Simon, if it was me, for instance, for his highest good, so it then surfaces a virus, which is native to me to put me on a cellular cleanse. So what they've done is they've talked about it and they said, we can make money from this. And of course, it's a billion dollar Empire.

Anu: Absolutely.

Simon: The thing is, that they've never liked self-empowerment and metaphysics. I mean, they killed witches in the medieval times. Yeah, because they were gifted, and they felt threatened by that self-empowerment. Because if you're self-empowered, you don't need to be governed by anybody, you innately know good from bad, and what choices to make, they would rather make choices for you. But as fast as they killed the witches, they

built churches where the covens were, now isn't that interesting? They didn't believe in their skill, but they believe that there was a power so they placed the church in its place

Anu:

It's interesting because in all these fairytales and films that we see, witches, the clusters, the demons.

Simon: While in reality, you've got white, which is dark, which is that they're both tapping into the same energy. It's just the yin and the yang, I understand God has been ultimately positive and ultimately negative, the Alpha and the Omega. So the people who practice darkness are appealing to the darker side of the Creator, and those that are practicing the light or the other way round. That's the only difference, it's all energy. We all have to have our opposite. But I believe that God would choose to be his highest most purest version of himself or herself, because obviously God has no gender.

Anu:

So do you believe that COVID is made up?

Simon:

COVID was, I feel it was made in a laboratory. On again, a function study, which is now coming out, but I've known this for 13, 14 months, and it's whether it's sneaked out or whether it was purposely used. It's political, it's not medical, because the NHS downgraded it to a common flu in March, April 2020. So did the CDC and the whole, but most people missed that? So they already downgraded it. And when they are asked by whistleblowers, and Truffaut's, they just said, this is political. So if you follow it, and you look at the benefits of the politics, while it's stopped people from voting in person in America, for the most powerful country in the world, it made them do mail in ballots and that allowed fraud. From there, it rolls on, but unfortunately, the whole world was affected by it in order to get control of America, because the old banking system is now expired, there needs to bring in a new economy, a war would have done it perfectly. But with Donald Trump getting in, there was no wars. So the next thing was a pandemic. Pandemic scares people into complicity and that then they can guide them into a broken economy, broken stock market, bring in a new idea and through the aftermath of something which is painful on humanity like a pandemic, we would agree to it. And that was how they would draft that in. But you see, that's where the timeline split. Okay, one timeline goes down that route, where they believe that to be their reality, and they will go into a Blade Runner, communist socialist style world, and the other people who are 5D. They're manifesting heaven on earth, the Golden Age, where you can walk and just manifest an apple from a tree and it will grow. That will be what will happen within five decades. Yeah, that's how quick manifestation will happen. So universities catering for everybody. But what you need to do is find your inner peace. Well, sometimes if you understand the mechanism of something, you realize that the virus isn't likely to kill you. And firstly, you can't catch a virus. You have your own version of it, and you realize that the worst thing you can do is worry and fear it. That's going to lower your immune system, kicking your secondary immune system, which is fight or flight, diverts the blood from the internal organs to the muscles ready to outrun a saber-toothed tiger. Okay, at that point there, the blood isn't in the central area of the organs, so your immune system switches off. If you stay in fight or flight for too long. Eventually, your cells will need to cleanse themselves of that toxicity and your surface of virus.

Anu:

Interesting. How about the vaccine and what are we pumping into our systems right now?

Simon:

The vaccine has skipped the animal trials hasn't it, and it's MRNA. So it's gonna change your DNA. Okay, so it's going to hybridize you into a trance human, which is part AI, part human. So I'm personally avoiding it. A lot of it's for population control, we're moving into a new age, they want to be able to get your biometrics directly from you. Now, this can be a very good thing health wise, because if you're poorly, your biometrics will send

information to the nearest 5g antenna. And they can act upon that. That's okay, as long as you trust who's running it. If it's a nefarious person, and they say, population control, this person is now 70 years of age and not a tax payer, we'll switch them off. So it depends really, it's not the route I would like to take. I think your DNA is the essence of your ability, your gifts, and your connection to God. And there's a lot of healers, and people who go to church that are already saying they're losing their connection to God, and their healing energy since having the vaccine. So it targets chromosome number eight, which was empathy. How can you access that energy without empathy? The good thing is that there are detoxification and med beds coming out soon, okay, which can reverse the damage done

Anu: That may help

Simon: Some people are drinking pine needle tea, which is very good for getting rid of any excessive menstrual cycles from the vaccine. There's also other theories out there where you can get rid of nanotechnology on blast to teach those methods on there. So there are ways the medical beds will fix things as well you know, but this is a bit of a test on humanity. Unfortunately, it's been where you are, are you feeling rushed and pressured by peers to go and do something to make others happy? Well, if others have to do that, and stop what you want to do to make them happy, they don't know hold the keys to your happiness.

Anu: Yeah. And so obviously, since the COVID, lockdown, there's been a lot of mental health issues due to isolation. You know, a lot of people are depressed now and there's gonna be a lot of cases of PTSD. So what would you recommend to people to start to heal?

Simon: Okay, so I would get the tapping solution app from the App Store, which is free. And I would start learning Emotional Freedom Technique, which is just tapping on your meridian points, which will get rid of stress to do with the world and anxieties, which will clear out the excess baggage, which is stopping you from thinking straight firstly. Secondly, I would go to YouTube and I would look for 432 hertz, healing frequencies, start using them to balance you, keep that on around you subliminally while you're just puttering around the house, that's very good for you. Obviously, you could benefit from perhaps taking a course in healing or meditation, something that helps you reconnect with yourself. The beautiful thing about Reiki is that because of the arms that we use, when we attune people. The arm is its consciousness, which has been transformed into symbol. So for instance, if you see a no entry sign, that symbol transfers itself to say I can't go down this road. So the arm symbol is the same, it's got its own consciousness. So instead of just having an arm symbol in your home, when you're doing the Reiki attunement, you're dropping the arm symbol, and you drop in three different arm symbols into the initiate, then arm symbols clear karma. So what I say to people is, if you are a hermit and you avoided humanity, someone at the bus stop will press your buttons. Yeah, now if you don't go out much, you're not going to actually experience many people to press your buttons so that you can actually see you've got buttons to deal with. So the benefits of Reiki by dropping in the arms into the aura, it's going to surface all your buttons without an external trigger, all you have to do is heal yourself through it. And you can evolve very, very quickly, much, much faster, probably the fastest rate of evolution other than perhaps QHHT, which downloads your blueprints of your order and perfects you in one session.

Anu: What does that stand for?

Simon: Quantum Holistic Hypnosis Therapy, it was created by Dolores Cannon, she started in the 1960s with smoking and weight loss. And then eventually she started connecting with the

over soul of the people she was treating. And she realized that the over soul had all the knowledge of your aura, and it could replace your blueprint at request and fix anything cancerous, all sorts of things in one session. So what she did is she took a load of channeling and done a load of books based on the oversold from various people. One of the more interesting ones was Nostradamus, she connected with Nostradamus and she had to work through seven different countries, several different people, and she kept getting contact with Nostradamus and he basically told her that the meaning of all the quatrains so she's now the leading person who understood As Nostradamus is quatrains, so she created that system. So that's a quick way. If you say, my aura is compromised and it's damaged, you would go to the QHHT site and find your local practitioner. And they would basically download the new blueprint, the over soul will tell the person exactly what's going on with you. So instead of you having to search and search and say what is it, the over soul would just say it's this, this and this, then an electrical charge goes through you, your aura is restored, cancers gone instantly.

Anu: This is such an advanced procedure, which I have never heard of.

Simon: You can actually do the course online. It's about 1000 pounds for level one. But it's all done online. Yeah, and you go to the site, and you can learn it. Yeah, there's three levels I think, from what I remember but yeah, fantastic. So there's stuff out there, but you've got to get into it and start working with the energy co-creating, understanding that you are powerful, that you are connected, that you're a microcosm of the macrocosm. If you're inside the body of the universe, and the universe is all that there is, then wherever you are in the universe, you're a microcosm of that macrocosm. But you can be disconnected by believing that you're not worthy and disconnected or you can be empowered by tapping into that by using the affirmations and co-creating daily.

Anu: So it's all about positive self-talk and I have been mentioning this a lot in my podcasts, just the power of affirmations, and just believing in yourself rather than saying I can't, say I can be whatever I choose to be.

Simon: You can I mean, I remember when I first awakened, when I did the Reiki and I tested it, and I was like, Okay, then I've never studied reflexology, I'm gonna call it a guide. It's a reflexologist and I just flowed and trusted, and my hands started moving around the feet on all the points. So there's lots of matrix moving. Please download the ability to be a helicopter pilot. You're downloading it from the matrix, you're a microcosm. So you're calling forth and downloading it in. Once you realize that you're capable of doing this, you've released the block that stops it from happening. This is what they call permission slips. This is why so many different ways of spirituality can simultaneously work and be at odds with one another. Because it's about your permission slip. Once you find a permission slip that works for you, the universe works through and that might be something completely different for another person.

Anu: Okay. And what kind of qualifications do you hold because it sounds like you have a wealth of experience?

Simon: Well, I wasn't an academic person at school, school was boring, they were teaching me things that really didn't make any difference to life. So I did Reiki Terrarium, eyes to kiem level one, two and masters. I then did my own healing attunement, which was given to me by my soul called Yogi, which is the air element one, two, and masters which I needed my brother to attune to me. Then I did the fire elements of Crimea, which was to one, two and masters, which burns our blockages with the fire. Then I went on to the next level of Crimea and did the sales or energy 1 2 3 masters, which was the water element for washing away emotional healing. And then I did the final five levels, which was Triazole,

which was three levels of star energy, and then levels four and five, which hasn't fully grounded itself onto the earth plane, which is atomic light. The map has a direct method, activated by Merkava which is another good one because that's basically a vehicle that everybody has in their aura that allows you to travel the astral round South safely within the confines of your own Auric vehicle. There's three levels of that, but I just did the first one I found that was sufficient. Crystals, it's intuitive. I bought some crystals, our new guides come in and started dancing with me. And I was like, why did you come in and he says, you've just got a piece of female quartz, which will actually tear a hole in your etheric body if you don't use it as a suitable distance. So you've now got a set of crystal guides coming in to help guide you. So different things you know, that come in really but they're the main ones that I studied that I could say I've got a certificate for, but you'll find that once you're connected, you've got access to everything. You're only limited by your own limiting beliefs of yourself, as simple as that. I mean, I got my dad the book, the King of keys of Enoch, which was the Bible book, which was removed from the Bible. Bible has no ISBN number. And I never actually got around to reading, it was a reference book and full of science. The idea was is Enoch was taken off into an alien craft or by a divine being and given all the info of the universe and then scripted it before he forgot. And I gave it to my dad and my dad read it front page, the back page, and he said, have you read this book? I said, No because you've been going on about this stuff for the last couple of months. Yeah, I hadn't read it. So the access is unlimited. Once you're connected but you've got to find your self-worth, you have to ground the idea that you are a little demigod connected to your father, who is all that there is. And you cannot be outside of the kingdom of heaven, you're already inside it, you have to ground that.

Anu: And this is a really important message, especially to my listeners, because as you know this is a podcast for abuse survivors, and those who are currently overcoming trauma or who have already overcome trauma. So what lessons would you say or what's the most important lesson to teach trauma survivors?

Simon: Well, the first thing I would say is forgiveness. You can make the most heinous pain disappear when you forgive it. Forgiveness is a gift given to you by God that can dissolve the impact and conclusions of the emotional experience, you'll still remember the mental experience, because that's important because that's your conclusion and what you've learned from it. But what happens is when something isn't fully healed, when you think of it, or you hear a song or something reminds you of it, you don't get the feeling, feeling always follows thought, and feeling never precedes thought. So they get rid of the feeling, which is the one that spins you out and takes you on a tangent, and you just remember what you've learned from it. So conclusions are important, positive conclusions, you can't always forgive everything, because sometimes you fail that you didn't play any part for that experience. But what you also have to do is forgive for yourself, the opposite of forgiveness is resentment. Severe resentment is cancerous. So if you actually make a deal with yourself and say, if I keep resenting this situation, I could give myself cancer, then you'll forgive for your own highest good. So his conclusions are very, very important perceptions and conclusions. Where the cancer surfaces depends on where your resentment is housed. So for instance, if you've got over the mother in resentment, you'll get breast cancer, at worst case scenario. If you've got an emotional relationship, deep seated resentment, the cancer is more likely to hit you in the stomach. So it manifests in different areas depending on where you're storing that thing that you can't move through. So what you focus on becomes your obstacle, what you knock out goes away, you have to look at it, and then conclude and perceive it correctly.

Anu: Yeah, and it's about forgiving the perpetrator

Simon: Yeah, forgive yourself, forgive the perpetrator, trying to understand where they're coming from you know, if you try to understand, I mean obviously, there's some things that are very, very difficult to work through you know, very difficult. It's not easy for everything, but if you try to understand so for instance, someone's just having a bad day, and a lot they bark at you, and it upsets you, you can sit there and say, well, I have bad days, they're having a bad day, is how they are tomorrow. And whether they say sorry, that counts, let's just give that person a little bit of slack. But obviously on a more extreme level, then you have to start forgiving for your own sanity, for your own well-being, you can't always give someone absolution if they have done very bad things towards you. But then if you look at it on the other side of it, there is also a concept that explains the worst things that happen to us. Would you like me to tell you that story?

Anu: Yeah.

Simon: Okay. So the story is called the candle in the sun. There was a little soul in heaven, who was bored of perfection. Everything was perfect. So it seemed to experience imperfection. So it started searching for imperfection in heaven, and he couldn't find it. And all of a sudden, he caught God's notice. And God was like little soul, why are you looking so troubled? You're really within yourself. A little soul says, Father, I want to experience something other than perfection. And he goes, what aspect of God would you like to experience? And the little soul says, I think I'd like to experience forgiveness, what it's like to be the Forgiving nature of God? And God says well, there's no one to forgive here. There's Heaven is beautiful, nobody will hurt you. And he says, well, how can I experience being as forgiving as you are father? And he says, well, you'll have to go to the realm of the relative. And in the realm of the relative, you will forget who you are and somebody needs to come and smite you. And he says, but who would smite me I'm surrounded by all these beautiful souls. All of a sudden, a soul stepped out all the souls of heaven was listening to this conversation. They were fascinated at this little soul that needed this experience. All of a sudden, a soul step forward and says, in your next incarnation, I will come into your life and I will smite you. And the little soul says, why would you lower your vibrations to do that to me? He goes, because I overheard this conversation, and I see that you're first to experience the forgiveness of God is so great. But just remember when I do smite you I did it out of love. Now Dolores Cannon when she hypnotize people, and they went into the past lives in between life and death, they all said the same thing that was like a stage, everybody you are incarnated with are actors taking a bow on a stage, it was just a scenario being played out the good guys, the bad guys everything. So if you look at philosophy behind it that can help immensely. Because it really can help. Because you're looking at it from a different angle and saying hang on, someone's lowered their vibrations to smite me to push me to be who I am now, in conclusion of that it will couldn't have happened wouldn't have happened without that loving soul lower in its vibration to give me that experience.

Anu: What a way to look at any situation. And it's just putting yourself in the other person's shoe. I think a lot of us, we forget about that, just thinking and acknowledging what the other person may be going through, what led them to commit such a hideous act?

Simon: Yeah, well of course, we have people who are blocked as also I mean, at the end of the day, if your chakras are blocked, you're not getting any light. If you're not getting any light, you're in the darkness. If you're disconnected from God, you are in the darkness, you are not in the light. So the darkness is the absence of God. The absence of source, now source has to come in through the chakras and it comes in through faith prayer, connection,

affirmation, intention, if you're not living by any of that, then you're guided by darkness. And if you're guided by darkness, you're always going to look at your choices and your opinions and your intentions through what it serves the self rather than serves others. When you're in the light, you'll look at it from every aspect, you'll step out of the box and look at that life situation. Like you're given a friend advice with a sense of detachment with an understanding of the higher purpose of things. That's where you can get to eventually is possible. I'm there so others can?

Anu: Yeah, so what steps would you recommend to my listeners to start off with today?

Simon: Okay, first thing I would do is get the tapping solution app is free of charge, learn how to do the tapping of the meridians, the tapping. For those who don't understand what it is, it's like an anti-virus. In your meridians, all the energies and beliefs, thoughts and emotions that you're processing through your chakras, which are your primary energy points, is flowing around like an arterial system of energy, just like you've got the blood circulatory system. So once you start doing tapping the points on the karate chop point, is the very beginning meridian point. With that affirmation, you're sending an anti-virus throughout the whole energy circulatory system, by self-affirming that you admit you feel a certain way, and that you wish to release it. So that's a very powerful thing. So I would say that step one, because it costs you nothing, it's free. There are other meditations if you subscribe, but you can literally download that app today and start working on yourself. And it gives you a Geiger counter, it'll say, out of 10, how stressed are you with the world today? And at the end, it will say, Well, how stressed are you now, if you come down to three or say, do it again and again and again, until you get it to zero. When you get it to zero, it's no longer there. It's like walking into a library and looking for a book that's gone. And it's like, where's that problem I had this gone? It's you know, it's lifted on an emotional level. So that would be point one, I think because it is about monetary abilities, because everything costs money, people's time, they do it as a career that costs money. But you look at density levels there and YouTube and the frequency music it throws off. Yeah, bathe yourself in that it's free. Expect to feel a bit out of sorts. Because when you set your intention to take a path to be more connected with yourself, then the blockages that stand in the way of you in achieving that needs to be released. So you then undergo a transition what I would call a transition that could be sore throat tiredness, you know might be need to drink a little bit more water. You might feel poorly if you have a drink because you guys are saying no, don't do that right now. Work with the transition, keep working on it. Because most people stop at that point and say, Well, I did this and I feel rubbish. So that didn't do me much good. You've got to allow the transaction to take place that's what Reiki does. It takes you from a normal person with chakras that are just used for the perception of life. And you're making an agreement with the light and you're saying, I want my chakras developed so that I can channel universal energy and heal every living thing. Can you assist me in that process? So your master teacher says to you, you have to do a commitment of 21 days, one hour per day. That's your 50% commitment. That's your ability to transform your chakras to allow Reiki one, two or masters to come in. And then we will put the other 50% commitment and because you've put your commitment, but it's still a process. Nobody feels fantastic. The day after having their Reiki attunement, their feelings. Up and down. That process because your chakras are your main power system to your body. So I always say to people, if you were going to change the electricity in the bathroom, you'd flip the power off under the stairs, you wouldn't risk it. So certain things and transitions that we go through. If they're big ones, they will flick the power off to the chakra system temporarily or fill vacant, last tired out

of salt. But they're working, working away the spanners and the screwdrivers. And then when they're done, they flip the power back on under the stairs and did it. There we go. Now it comes back on to the bathroom. You see the results, but it can take a little bit of time. So a little bit of patience, is saying again, expectations create disappointment when everyone's journey is unique.

Anu: Okay, that's perfect. Yeah, because I've actually done a couple of talks on Reiki healing, as well as emotional freedom therapy, because those were a couple of therapy modalities which really worked for me and I've benefited so much from them to the point where I became a Reiki Master and a level two EFT practitioner, purely just for my own healing, really, it's not like, I'm going out there and making money from it. I'm really a firm believer of those techniques. So thank you for clarifying that.

Simon: You're welcome. You're very welcome. Well, it's I mean, it's all out there that everything that you need all the information you need you know, there are many different philosophies. My personal one is the conversations with God trilogy that is the core of my philosophy. If you've got a good philosophy, and it's got a solid standard, you can work from that. And you can incorporate and expand your personal philosophy and add new things to it that serve it. Nobody's telling you that you have to get our work, get rid of all your philosophy and replace it, you only have to be open enough to encompass new ideas, to better that, and obviously being open is another permission slip. Permission slips are very important. That's the difference between someone who can douse someone who can't, who can channel someone to someone who can't, someone who can heal to someone who can't, is a permission slip. So you find the philosophy that suits you.

Anu: Amazing. So we are coming to an end unfortunately, but just a few questions for you, if you don't mind. I mean you know, it's been a fantastic talk so far. And you've inspired me, and I'm sure you're gonna inspire millions of others.

Simon: That's the idea that because the spirit has been encouraging me to do a podcast, and I didn't have a format to set one up for myself. So I put it out to the universe, that somebody would come along, that could invite me on, give me the interview and allow this energy and this wisdom to flow so that all humanity can then get drawn to it individually, and come across that information that won't be for everybody might be a little bit deep. I've tried to keep it very grounded with easy concepts, and give understanding as to the benefits of it. So let's we'll just put it out there and trust in the process of the university unit.

Anu: Beautiful. So just to finish off, how could humanity elevate itself into a state of inner peace during these scary times?

Simon: Okay, so the first thing is fear, is false energy appearing real. Fear is only on this earth as the opposite of love. If you didn't have fear, you wouldn't know what love is. So you've got to recognize that fear is false energy appearing real. And you have to realize that you live forever. Most people's fear is based on loss or death. When you realize that life is eternal, and that it is impossible for you to be extinguished out of your existence, then you fear a death can go. Another good book is 'Home with God' by Neale Donald Walsh. That took away my fear of death totally, amazing book. He explains the whole life death process and the reincarnation process takes all the fear out of it. So when you no longer fear loss, and you no longer fear death, you won't fear anything. You're then saying fear for what it is, is a contextual field of comparison, so that you can know what love is.

Anu: Yeah, for sure. Yeah, and that's something again, which developed for my Reiki training. It's the fact that this is a physical form that we're in currently and our spirit remains forever.

Simon: Yes. You separate an atom, it becomes two smaller atoms. How many times can you break an atom into two until it no longer exists? It's impossible. It exists as a smaller atom, so you cannot be obliterated out of existence. So when your incarnation ends, it's like stepping out of a car. There's 240,000 miles, the essence is you. The car was just a vehicle to give you the vehicle of experience. Once you start understanding, you got to get your philosophy right. Yeah you know, if your philosophies right, then it will negate most fear. I feel that's a big answer. That obviously you know, for high vibrational things, switch off the TV from the mainstream media, all that bad news makes money. You've got to move away from that and listen to music, get out amongst nature, ground yourself you know, sing songs, whatever it is that makes you happy, I sing crazy songs and I'm happy. And I live on my own. I'm singing to myself, and it raises the body, raises the spirit, raises the vibrations. I'm co-creating, like we said earlier, keep connection, your guides and your angels, they are there screaming at you with their hands tied saying I want to do so much in your life. And I've got this law of universal freewill that says I can't intervene unless your life is threatened. There is so much we want to do. You're sad today. You're feeling this today. You're struggling with this and we want to help you but you're not asking us.

Anu: Wow. And I just think there's actually things in the air which doesn't want to help us right now.

Simon: Our perceptive awareness, but they are there. And you've got some of that assigned to you from birth, you get some that come in when you learn a new trick or skill and you get them guides come in, they're all around us. For instance, it takes time from what your eyes see for the brain to actually process it in the visual cortex. There's a gap in that moment there where they could exist, where it's impossible where your eyes can actually pick it off. That just shows you how easily they are all around you. And just because you're relying on your five senses, you could just say, No, I'm not getting that. I'm not getting that fulfilled. I'm not getting that physical. No, you have to trust. If you have the faith of a mustard seed, you'll move mountains. If you want God to do cartwheels for you, he won't. Everything's about faith, that's why every single belief system on the planet is based on faith, service to others forgiveness and love.

Anu: Wow, I love that. Thank you, that's a fantastic answer. So what's next for you during your growth?

Simon: I'm currently on a path to awaken humanity, so that they are seeing the true narrative of the duality in the world. And I'm trying to awaken them and encourage them more towards the light than to stay in and stuck in the dark. You know, we spoke about this earlier, when we thought about the two Earths. My job is to get as many people onto that positive Earth and awakened as possible. So with my job, I speak to people, I enlighten on my banter ideas, and they're in my aura. And they're actually in my healing room, the room where I do Reiki attunement, so everything is fixed perfectly for the spirit to get that person to listen, and plant that seed. And most of my customers that I've worked with, they've all started research in truth as themselves. So they've now awakened on a different level. And then my path would then be to heal those when disclosure arrives. And we realized there were a few bad guys doing some naughty things, my job is to heal these people. And to help them get back to a centered space, understanding the story and the mechanism of how it happens. Because the sleepers will say how did I miss all this? So, my job is to help them understand that grounded held on get them through it. And then after that further along the line, I will take on another path which will help humanity find its connection to God and souls, how to live in this new golden age, how to

activate it and how to live it and actually make it happen in your world. Then a couple of things align will keep me busy for 20 years. As far as I've got so far.

Anu: Perfect, this is amazing honestly. I've never met anyone like you.

Simon: I am a bit of a rare one but you know, we are all unique like a snowflake. So my gift is to be able to take complicated concepts and make it explainable to people who haven't quite awakened yet. So it's not too metaphysical to scientific, that's my gift. So I'm more likely to awaken somebody who's a common rogue, who is an atheist. Yeah, it's an atheist perhaps, who hasn't really found his way in life. Whereas my brother would be more of a type of person who would work with people who are already awakened and already on that path. So he works on a different vibrational level, even though we're very, very connected. But we've been the yin and the yang with the two halves of a whole energy to the point where we were actually incarnated in one life as Native American Indians, and we did a ceremony where we both stepped into a fire and ended our incarnation so that we could come back at this time and help humanity. But what we did is as twins, we went in and in this life we came out as brothers with nine years age gap between us. So there's lots of things that when you start looking into it, and you look at the synchronicities and you join the dots and you think everything is possible, everything is possible. God will not leave you without shepherds to guide you. You will never be on your own. There is always someone there to guide you to the light, it's only when you believe the light isn't there, that permission slip stays close.

Anu: Okay, so it's the power of belief

Simon: Yes

Anu: I'm loving these key messages

Simon: And knowing that you are a microcosm of the macrocosm, do not negate who you are, have all the abilities that God has, there's only one difference in that you don't believe you can do it. But if you are like Jesus, and you lived every day, and you were just totally in service to others. Give it a couple of years, you believe it, that's the only difference. Although Jesus did have cosmic consciousness, he had code-ons activated within his DNA that gave him a cosmic awareness, whereas most people have a self-awareness, Okay. So I'm a higher level of awareness because the amount of energies and achievements I have to go through the chakra seals are pushing further and further away. So as you imagine the aura, that's the point to the tip of the fingers. If you put your arms out beyond that starts to become cosmic energy, because you're going beyond your own limitations of self, and you're starting to tap into it. But for me, I had to study and other treatments to get there. Jesus was born with it, just like Sai Baba was, cosmic consciousness. So they're more concerned with the global humanity idea. So at the moment, I'm not particularly concerned with any particular individual. It's the GOP, political global ascension of humanity. That's very important to me, it's taken as many people as possible into the light ready for the Golden Age. It's very difficult for me to work on a one on one basis, unless I'm just helping on advising, that's easy don't I do that all the time?

Anu: Okay, so how can people contact you if they are looking for more guidance?

Simon: Okay. Obviously there's my Facebook, you could add me on Facebook. There's lots of good posts on there. So Simon Challenor on Facebook. There's also my email s.challenor@ntlworld.com. From Facebook, you'll be able to get contact numbers and then access WhatsApp etc, etc, from there on. So if you feel drawn and there's more answers that you require, or perhaps you could put comments on the final product when the interview is done, there's a comment section there also that you can work with. Maybe some people may say what I'd like to hear and do another talk more in this area,

you can put a comment in and request that. There's plenty of options you know, or call me in. That there's an essence of my soul. Okay, that will touch every person that listens to this podcast. So if there's something you're struggling with, call me, and I call upon Simon from the podcast to assist me with this, because you exist everywhere. So every person that's drawn to it or not drawn to it just by chance. Yeah, so that energy has already made that connection.

Anu: It happened.

Simon: People have done it with.

Anu: Beautiful, thank you so much. And I just love your theory of abundance you know. I just think that is a real special theory

Simon: Yeah, abundance is another permission slip, if you believe that you're unlucky and non-abundant, and that's what the universe will give you a new view, start making statements like I'm always skint and I'm always unlucky, and I always meet man that robbed me, then the universe is going to give you what follows the word I. So, if you do it in anger, don't worry, the universe knows when you're angry. But if you're really saying it with a passion, you got to remember the three levels of creation are thought, word and deed, think it, say it, do it. Everything you use on three levels of creation, you're going to manifest. You're setting the wheels in motion of the universe to manifest. So if you say I'm really unlucky, I am really, the other universe is following, turning the wheels of creation to bring that experience to you. So just be aware of that and you can change it. I mean, it's a habit. So you say 'all I need' 'I want' oh Oops, sorry universe. I choose to have, I already have. That's all you got to do. That changes the wheels of the universe back into the correct direction again.

Anu: Okay, perfect. So, as we close off the session, what's your last message to my listeners?

Simon: Stay out of fear, stay in love, believe in yourself. You are connected to God and your angels. Don't be afraid to ask. Okay, they are there and they will never get bored of assisting you, never.

Anu: Beautiful. Thank you so much, Simon. It's been an absolute honor to have you on my show. And I cannot wait for everybody to listen to this podcast and to just learn the amazing messages that you've given to us today.

Simon: Yeah, I really look forward to this going out there into the energies for people to benefit from already and thank you for interviewing me.

Anu: Brilliant. Thank you so much. Take care bye

Simon: Bye, bye.

CLOSING: And while this episode comes to an end, do you may want to check out my book of **“Victim to Victor”** now available on audio and where I have shared my journey of evolving through self-help and a determination to cast off my damaging past. My goal is to reach out to fellow survivors of abuse and provide hope and motivation in their lives. I hope that I can help victors transform their lives and achieve amelioration in the process of discovering the true self. I also have a 12 week self-development plan which is absolutely free and it aims to guide you on your journey to recovery. You can find the link in the description below. Please like this podcast and tag or share it with somebody who you know is going through a similar situation and may need help. I will be back with another podcast soon until then take care and stay empowered.

